

THE MENTAL WELLNESS SERIES



Health, Wellness and Wholeness

This class will provide educational information on how to maintain a healthy and positive attitude by staying emotionally and physically fit. Learn how establishing social networks and social support can benefit you, your friends, your family and the community in which you live.



Depression and Anxiety

This class gives information to help seniors recognize depression and anxiety. Learn what contributes to these problems and what needs to be done when someone suffers from depression and anxiety.



Preserving your Memory

This class provides useful tips and brain exercises to sharpen your thinking and keep moments of forgetfulness to a minimum.



Good Sleep for Emotional Well-Being

This presentation introduces the importance of good sleep which contributes to emotional well-being and examines healthy sleep habits.



Hoarding

The class addresses the fact that hoarding may be common among seniors and sheds light on how hoarding affects those around them. Learn the differences among collecting, cluttering and hoarding and the need for treatment for those who have a significant problem



Promoting Emotional Well-being

This class will teach you the symptoms of depression, warning signs of suicide and recommendations for emotional well-being.



Managing your Medication

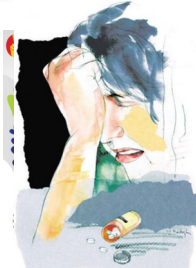
This class will offer tips on how to manage your medications. Learn how to read prescription labels, questions to ask your doctor and pharmacist and recommendations on how to properly store and use medications.



Resilency

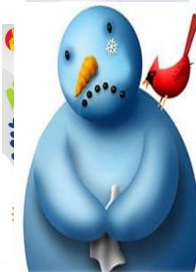
Psychological resilience means the ability to “bounce back” from adversity and to adapt to changes.

This class will examine the unique challenges faced by older adults and ways to successfully manage the cope with change.



Substance Use Disorders

This presentation discusses how the use of substances affects seniors physically and emotionally. It encourages seniors to be mindful of the interaction of the use of multiple medication and other substances.



Holiday Blues

This seasonal presentation discusses strategies to combat feeling sad during the holidays. Holidays can be a challenging time for many seniors who may have suffered losses. We educate seniors who may have the “blues” during the holidays

If you are interested in scheduling any of these classes, please feel free to contact our team from the Older Adult System of Care Bureau listed below:

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